

SPICEROADS

CYCLING



SAIGON TO HANOI

Tour Code
VNM-VSH

17 DAYS
16 NIGHTS

	Destinations	Vietnam
	Tour Meets Tour Ends	Saigon Hanoi
	Fly in to Fly out of	Tan Son Nhat International Airport (SGN) Noi Bai International Airport (HAN)
	Group Size Minimum Age	2-16 riders 18 (on scheduled departures)

ACTIVITY PROFILE



14 Cycling days	787 km Total cycling distance
57 km Avg distance / day	m Avg climbing / day

PRICING



Price	US\$ 3,590
Bike Hire (Mountain Bike)	US\$ 195
Bike Hire (E-Bike)	US\$ 590
Single Supplement	US\$ 590

WHAT'S INCLUDED

- ✓ SpiceRoads jersey
- ✓ Water bottle
- ✓ Domestic flights
- ✓ Support vehicle
- ✓ Guide(s)
- ✓ Meals (as indicated)
- ✓ Accommodation
- ✓ Snacks and drinks

WHAT'S EXCLUDED

- ✗ International flights
- ✗ Airport pick up
- ✗ Airport drop off
- ✗ Visa fees
- ✗ Alcohol
- ✗ Tips

DEPARTURES



24 February - 12 March 2019
17 March - 02 April 2019
05 May - 21 May 2019
30 June - 16 July 2019
06 October - 22 October 2019
03 November - 19 November 2019
15 December - 31 December 2019
05 January - 21 January 2020
23 February - 10 March 2020
15 March - 31 March 2020

See website for later departures

TRIP PROFILE

Our biking adventure takes us 1,700 km from Saigon to Hanoi by bus, train, boat, and bike. We cycle about 787 km in 14 cycling days, enjoy a number of rest days, and lots of time can be spent sightseeing and exploring Vietnam. The cycling is on a mixture of well-surfaced roads and good quality dirt tracks.

Some of the days are quite long, and experienced riders usually find it sufficiently challenging. Faster cyclists can ride at their own pace after consulting the guides on the route. However, the average rider will want to ride and take photographs, stopping here and there to take in the magnificent sights. If you race through the country, you won't see much.

Our route has been designed to explore the Vietnamese countryside that lies on either side of the main north-south artery, Highway 1. We spend no more than 20 km on this busy route. Away from the main roads, cycling in Vietnam is a wonderful experience; the bicycle is the most common form of rural transport, and you will share the road and tracks with beautiful girls in flowing ao dais, school children, and farmers. Such is the friendliness your voice may not be capable of saying 'hello' by the end of the day!

Our rest days allow us to explore all the main tourist sites and places of interest along the way. You decide where you wish to go and in your own time. You can take this time on your own in Nha Trang, Hoi An, Hue, and Halong Bay so that you can really get to know and perhaps understand Vietnam and its people. Additionally, of course, our guides will give you a fabulous extra personal and first-hand insight to their culture.

Suitability: This trip is suitable for anyone with a reasonable level of fitness. This trip is not too arduous, and so riders with less experience are more than welcome, although the fitter you are, the more you will enjoy it. An air-conditioned bus travels behind the group for support. On some occasions, when it is impossible for the bus to follow on the dirt tracks, we arrange for motorcycle back up with snacks and water.

Biking Conditions: This trip is mainly on good-quality tarmac roads and some vehicle-width dirt roads. A support truck is always available to help when required, and participants can cycle as much or as little as they like and still enjoy the same views as the rest of the group.



Day 1 Saigon Arrival

Upon arrival we meet at Northern Hotel, Ho Chi Minh City, aka Saigon. After bike fitting and trip briefing you are free to explore the city before returning for a welcome dinner at the renowned Temple Club Restaurant.

 Northern Hotel  Dinner

Day 2 Saigon - Cu Chi Tunnels - Saigon

Today we transfer a short distance out of bustling Saigon and start riding to the haunting Cu Chi Tunnels, which the North Vietnamese Army (NVA) used during the Indochina War as their stronghold and torture site of foreign POWs for decades. After witnessing the war's devastating consequences, we return to Saigon by bus just in time for a visit to the notorious Museum of War Crimes. Dinner is your choice.

 Northern Hotel  Breakfast, Lunch

 Ride 25km

Day 3 Saigon - Dalat

We rise very early this morning and transfer to the airport for a short flight to Dalat, once a favorite summer retreat among the French and Vietnamese royal families. Dubbed "Le Petit Paris", the city is now a popular honeymoon destination for Vietnamese newlyweds. Upon arrival, we'll hop on our bikes, start off with a relatively easy ride around Dalat past Xuan Huong Lake, colorful flower plantations, the Old French Railway station and cycle out of town on picturesque and nearly traffic-free country lanes and back roads. After cycling in the shadow of Mount Langbian, we return to Dalat for dinner and you are free to take a walk to explore this lovely city.

 Dalat Hotel Du Parc  Breakfast, Lunch, Dinner

 Ride 35km

Day 4 Dalat - Nha Trang

As we head towards Nha Trang, a famous seaside getaway, we'll tackle some challenging hills before being rewarded by smooth descents with lush mountains as our backdrop. Our first break will be at the community house of highland hill tribe people, then we muscle up again to conquer Hon Giao pass (1,650 m) before a 30 km downhill to have lunch at the local restaurant by the river. In the afternoon it is back on the bikes for 28 km on a flat road. A short transfer takes us to the resort for a lively evening.

 The Light Hotel  Breakfast, Lunch, Dinner

 Ride 100km

Day 5 Nha Trang Rest Day

For a rest day off the saddle we take a boat trip to stunning coral islands for swimming and snorkeling. On the way back we'll have a cultural stop at Pa Na Gar Cham towers. Built between the 7th and 12th centuries, four of the original eight towers are still actively used for worship by Cham, Chinese and Vietnamese Buddhists. Alternatively, those who would like to take it easy can lie down and soak up the sun by the beach.

 The Light Hotel  Breakfast

Day 6 Nha Trang - Tuy Hoa

Following breakfast, we cycle out of Nha Trang and then take a short transfer to avoid busy Highway 1. Back on the bikes we cycle on to Dai Lanh Beach where we'll have a beach side lunch with time for a swim in the blue waters. To avoid another busy section of road a 20 minute transfer takes us to the start of our afternoon ride on a coastal road snaking along the base of Da Bia Mountain. There will be some gentle climbs before we

drop to the flats and finish our day on quiet countryside lanes that are a mix of tarmac and dirt, passing soothing rice paddies and peaceful villages.



Cen Deluxe



Breakfast, Lunch, Dinner



Ride 85km

Day 7 Tuy Hoa - Quinhon

After transferring out of town to avoid the main highway we start biking along a remote, but well-surfaced road running parallel with the railway. The terrain rolls gently with breathtaking views of the highland hills. As we cycle through tribal and Viet villages we'll also spot potbellied pigs and barefooted children trotting across the trail. We then return to the highway and transfer a short distance to Quinhon.



Seagull Hotel



Breakfast, Lunch, Dinner



Ride 70km

Day 8 Quinhon - Quang Ngai

Today we follow the coastal road to Tra O Lagoon, the largest wetland in Binh Dinh Province and also a principal food source for the locals. While rolling we also take in the sea breeze and spot tranquil fishing villages lined along the coastline. After lunch at a local restaurant, the ride continues to Highway 1, where we transfer to Quang Ngai for the night.



Central Hotel



Breakfast, Lunch, Dinner



Ride 70km

Day 9 Quang Ngai - My Lai - Hoi An

In the morning we start cycling from the hotel to have the first stop at My Lai, the site of one of the deadliest massacres during the Indochina War. After a guided tour we continue cycling along the coast, passing many picturesque fishing villages with their colourful boats. We stop riding at lunch and transfer on to Hoi An so we can have the afternoon free to explore this historic town. A major trading port during the 17th and 18th centuries there are 844 structures of historical significance and many vibrant shopping streets, the city is a must for you to wander around and absorb the atmosphere.



Pho Hoi Riverside



Breakfast, Lunch, Dinner



Ride 50km

Day 10 Hoi An - My Son - Hoi An

This morning we have a short transfer to avoid the highway and start riding to My Son, the ancient centre of the Cham Civilization dating back to the 4th century. We then cycle along scenic country back roads flanked by rice paddies, eucalyptus plantations and relaxing villages. Later the road stretches away from the coast, offering stunning views of the ocean as we head to My Son, once Champa's most important city. After lunch we spend the afternoon visiting the site, and although many of the temples were destroyed

from heavy bombing, enough have survived the war to impress most visitors. After the historical tour, we take the bus back to Hoi An. Dinner is your choice.

 Pho Hoi Riverside  Breakfast, Lunch

 Ride 54km

Day 11 Hoi An - Hue

This is probably the toughest ride of the tour, yet it is also one of the most rewarding. A short transfer out of Hoi An brings us to the start of our ride along the beach to Danang, known to some as China Beach, an R&R destination for American troops during the Vietnam War. It will be quickly time to change your gears and start the climb up Hai Van Pass, a steady and moderately challenging uphill with exhilarating views of the coast. From sea level we climb up to 480 m before flying down a long and smooth descent. After lunch we venture away from the main highway and cruise on a coastal road for 44 km to Hue, the old capital of Vietnam during the Nguyen Dynasty.

 Emm Hotel  Breakfast, Lunch, Dinner

 Ride 100km

Day 12 Hue - Ninh Binh

Today we explore by bicycle and boat the rich history left behind by the emperors of the Nguyen Dynasty. We start by cycling directly from our hotel along the An Cuu (Perfume) River and head up to the tombs of Khai Dinh, the 12th king of the Nguyen dynasty, which were built from 1920-1931. After our visit, we continue to bike on a quiet route to Vong Canh hill, which is just 43 m high, but is the best place to catch a panoramic view of the Perfume River. We finish the ride today at the seven-story Thien Mu Pagoda, the tallest religious building in Vietnam. Built in 1601, it has become the symbol of the city, and be sure to get a photo with the marble turtle! We then walk to the boat pier nearby the pagoda to take a cruise on the Perfume River back to Hue. After refreshing ourselves and packing up we have a dinner at a local restaurant before boarding an overnight train to Ninh Binh.

 Overnight Train  Breakfast, Lunch, Dinner

 Ride 30km

Day 13 Ninh Binh - Cuc Phuong National Park

We arrive in Ninh Binh around 10 am (arrival time may vary). Following a short transfer to the local restaurant for washing up, bike fitting (we have new fleet of bikes in the north) and an early lunch, we start cycling through spectacular karst mountains towering over a blanket of rice paddies to the ancient city of Hoa Lu, the capital of Vietnam in the 10th and 11th centuries. After touring the temples we continue to Cuc Phuong National Park, Vietnam's first and largest natural reserve to check into our accommodation at the park.

 Cuc Phuong National Park  Breakfast, Lunch, Dinner

 Ride 60km

Day 14 Cuc Phuong National Park - Hai Phong

We enjoy another ride to appreciate the park's beauty, visit the primate rescue centre and head east on serene back roads through a sea of pineapple plantations. Today while riding you'll notice the differences between North and South Vietnam ranging from crops, villages, to clothing as we pass through countless lush greenery, lovely villages and friendly locals. Today's ride finishes just before we reach Highway 1 and our transfer to Hai Phong, one of Vietnam's major ports.



Huu Nghi Hotel



Breakfast, Lunch, Dinner



Ride 60km

Day 15 Hai Phong - Cat Ba Island

We transfer to the pier to catch a ferry to Fulong on Cat Ba Island. Located at the southern end of picturesque Halong Bay, the island is home to one of Vietnam's most exquisite natural treasures, Cat Ba National Park. Once we get off the boat we cycle 26 km on the island's only road before enjoying lunch in town. In the afternoon you are free to explore the surroundings before spending the night on this heavenly island.



Princess Hotel



Breakfast, Lunch, Dinner



Ride 26km

Day 16 Halong Bay - Hanoi

We have a short ride in the morning and head for a memorable cruise through majestic Halong Bay. With its towering limestone karsts protruding from the emerald sea, Halong Bay is truly one of the most spectacular natural wonders in the world. Legend has it that it was formed by a great dragon that descended from the mountain into the sea. The boat trip is definitely rewarding after the long biking expedition. We then transfer to Hanoi and meet again in the evening for our farewell dinner at one of the many fine restaurants in the city.



Church Boutique Hang Gai



Breakfast, Dinner



Ride 22km

Day 17 Onward Travel

In the morning you are free to do last-minute shopping or take a short tour around the Vietnamese capital before catching your onward flight. If you would like to extend your stay in Hanoi, please contact us for best hotel deals and rates.



Breakfast

NUTS & BOLTS

Bikes

Because some people can't imagine going on a trip without their own beloved bicycle, we do not provide them as part of this tour. However, you can hire bikes locally for the price listed in the tour pricing section. The bikes are well-known makes of mountain bikes with lightweight alloy frames, 24- to 27-speed gearing, v-brakes, and Shimano components and front suspension. If you bring your own bike, please make sure it is a mountain bike, preferably with front suspension, in good mechanical order.

You can also hire an electric bike (or an E-Bike) for the price listed in the tour pricing section. We have 2 sizes available: S = 155 cm - 170 cm and M = 171 cm - 180 cm. The E-Bikes are GIANT brand with SHIMANO Alivio 1,9 speed, disc brakes and adjustable suspension fork.

Bike Repairs

Basic spares and tools are carried by the guide and on the support vehicle, though we cannot guarantee having spares for every conceivable problem. Carrying a basic tool kit, a spare tube and a pump while riding is recommended.

Safety

Wearing a helmet is required on all our biking adventures and is non negotiable. If you do not wear a helmet you will not be allowed to cycle. Your tour leader is trained in first aid and emergency rescue, but to a large degree you must be responsible for your own safety while riding. It is therefore compulsory that you take out travel insurance that will cover you for a mountain biking tour.

Guides

You will be led by a local English-speaking guide and if the group is 9 people or more we will add another guide to the tour. All our guides are well informed in the history, culture and religions of the area where you are biking and are skilled at passing that knowledge on to you. Your guide is also medically trained and an experienced cyclist, able to handle most minor repairs en route.

THE NITTY GRITTY

Passports and Visas

Please make sure your passport is valid for a minimum of 6 months beyond the duration of stay in Vietnam. Most nationalities require a visa for Vietnam, however 22 nationalities including citizens of UK, France, Germany, Spain and Italy are exempted from visa when entering Vietnam not exceed 15 days, regardless of type of passport and immigration purpose. However they must acquire a tourist visa if staying longer. For a list of countries exempt go to this [page](#).

For [46 nationalities](#) – including Australians, Canadians and Americans – an [e-visa](#) can be obtained. This must be applied for and received before departure to Vietnam. To check for the E-visa and tourist fee for single entry and multiple entries please check the [Visa fee](#). You must scan a copy of your photo and passport when applying and get your approval letter of your visa on arrival at international airport of Vietnam. To learn more click [Visa process](#). The processing time is 1-3 working days (not include Saturday, Sunday and Vietnamese holiday).

Alternatively you can obtain a visa to Vietnam from the embassy worldwide. Here is the list of [locations](#). You must specify your arrival date when applying for a visa and it is from this date that the 30 days will be calculated. When picking up your visa check to be sure the dates match your travel plans and that it is stamped directly into your passport as it will not be accepted if it is stapled in.

Health

Recommended vaccinations are typhoid, polio, tetanus and hepatitis A. A certificate for Yellow Fever is required when arriving from an infected area within six days. Vietnam is a malarial area and you will need to take anti-malarial tablets. Please speak to your doctor for the most up to date information.

Weather

Weather in Vietnam is divided into 4 main regions - the far north, north, central and south.

The far north can get very cold in December and January while the dry season runs from October to late March and the wet season between April to September.

In Hanoi & the north, it is hot, wet and humid from May to October while November to April is cooler and dry.

Central Vietnam experiences hot, dry weather between January & August with temperatures ranging in the mid 30°C. High levels of rainfall are during September - November.

Southern Vietnam is dry and hot from November to April, and warm and wet between May & October, with the highest rainfall in June, July & August.

Food

Meals are included as per the itinerary where B = breakfast, L = lunch, D = dinner. Most meals are Vietnamese food and features noodles, rice curries and soups. Vietnamese cuisine is world famous and we make sure you sample as much variety as possible. Any special dietary requirements can also be catered for as well. Please let us know at the time of booking.

Drink

Keeping you completely hydrated is a job we take very seriously. Cold water, some energy-restoring local fruit, and soft drinks are included in the tour price while riding. Soft drinks and other beverages during meals are not included. Beer is freely available everywhere in Vietnam but is NOT included in the price.

Solo Travelers

SpiceRoads does not require you to pay a surcharge for traveling alone. We will arrange for you to share accommodation with another traveler of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Extra Expenses

We recommend that you tuck away a few extra dollars, perhaps US\$10, for incidentals. It is customary to tip local tour guides and drivers, however, the amount you give should be dependent on the level of service you receive. As a general guide, we suggest US\$ 3-4 per person per day is appropriate.

Money

The official national currency is the Vietnam dong (d), but the US dollar is widely accepted in tourist centers. However, in smaller towns and villages the dong is preferred. ATMs are available in all major tourist destinations and big cities. Vietcombank has the best network with a single withdrawal limit of 2,000,000d (about US\$125). Most major currencies can be exchanged at leading banks in Vietnam, but the US dollar is preferred away from the tourist centers. Changing US\$100 will make you an instant millionaire! You cannot legally take the dong out of Vietnam but you can reconvert reasonable amounts of it into US dollars on departure.

GENERAL BOOKING INFO

Booking

If this is the tour for you here's what you need to do to confirm your place: Read our [Booking Conditions](#)

From the tour page click the 'Book Now' link. All departures for this tour will appear, just select the date you'd like to travel. There is a minimum number of participants (usually 2) required to enable the trip to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to Depart'. Once a trip is guaranteed to depart you are free to book your flights and make other travel arrangements. If you are unsure about the trip status, please [email us](#) or call our office. For the next steps you'll need to know the names of the people traveling and have either a Visa or a MasterCard. If you wish you can also provide extra details such as passport numbers,

height, or you can add that later by logging into [Manage My Trip](#) (we'll set up an account for you automatically if you don't already have one). However, if you wish to get a children's discount, please do fill out the date of birth of the riders. If you are having any problems, [please send us an email](#), or give us a call (+66 2 381 7490) and one of our travel specialists will assist you with your booking.

Deposit

For Long Tours (7 days or more) to guarantee your place we require a 30% or 500 USD deposit, whichever is the greater. For Short Tours (6 days or less) we require full payment to guarantee your place. We also require that you take out [travel insurance](#) when you book your holiday. Besides covering you during your holiday it will also enable you to claim for any money that you have paid to us, including your deposit, should you have to cancel your trip.

Balance

Full payment must be paid 45 days before the departure date with fees for any bicycle rental(s), single supplement(s) and extra hotel nights. Our confirmation will include personal details you provided us (including your flight information), visa application advice, a packing suggestion list and a detailed tour itinerary. It will also include a checklist to ensure you get everything ready for your holiday.

Cancellation Policy

On the rare occasions when we, SpiceRoads, must cancel a trip, all payments received to date will be 100% refunded, which constitutes full settlement. There will be absolutely no deductions. If you, the client, must cancel your reservation, your cancellation fee will be determined according to when you cancel. For full details, please read our [cancellation policy](#).

Loyalty Riders Club

For those who have been on several long tours with us we reward customer loyalty by offering repeat customers a special discount off the tour price (excludes single supplement and bike rental). If this is your fourth scheduled tour or more you will receive a 5% discount. If this is your eighth scheduled tour or more we will extend a 10% discount. The discount will be reflected in your online booking, but please contact us if any questions. Loyalty discounts can not be used in conjunction with any other offer. Note: Only tours of 7 days or more will be applicable for loyalty discount.

International Flights

International flights, to and from the start and finish points are not included in the tour price. Once your tour is Guaranteed to Depart you can book your flight. Please contact us for advice before arranging flights for the best arrival and departure times. We would only cancel a trip for an extreme circumstance, but in that case, where we cancel your trip, we cannot be liable for losses incurred relating to any flight booking you have made. Please claim any losses from your [travel insurance](#) that you acquired when you booked your holiday.

Newsletter

Our adventure travel [e-newsletter](#) is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from SpiceRoads, be sure to subscribe.

The information in this document is given in good faith, and covers the average range of conditions likely to be found on this trip. Please note that the itinerary is subject to change due to unforeseen circumstances, however, we will always do our best to adhere to this original itinerary

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